

individual patients' conditions, life expectancy, and values to inform an optimal individualized ICD implantation decision.

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Disclaimer: Dr Peterson is an associate editor, *JAMA*, but was not involved in the editorial review of or decision to publish this letter.

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Risk Prediction for Individuals

To the Editor A Viewpoint by Dr Sniderman and colleagues¹ discussed how risk estimates from prediction models should be interpreted in the era of predictive analytics. We would like to expand on 2 statements.

First, we disagree that “probability is not meaningful in an individual context.” Historically, the concept of individual risk has been vigorously debated. This discussion arises from the fact that a patient will or will not develop the disease or experience the event of interest. However, risk can be thought of as the subjective level to which one “believes in” or is “prepared to bet on” the occurrence of a disease or event,² just as one bets on future 1-time events in games of sport. Acting on risk minimizes mistakes and maximizes clinical outcomes: one must play the odds to be successful.³ Hence, risk assessment is highly meaningful for the individual.

Second, Sniderman and colleagues stated that risk models are uncertain about true individual risk. Indeed, risk models only provide an indication of risk for patients with similar predictor

values, both when developed with modern predictive techniques or classic statistical regression analysis. We disagree with the implication that this limits the relevance of risk predictions for individuals because a little prediction goes a long way.⁴

Adding more and more predictors to the model may refine risk assessments, but crucial to the understanding of risk estimation is the idea of conditioning (ie, which pieces of information about the patient are known at a given time and were used in the predictive model). We suggest language such as “based on your age, risk factors, and noninvasive imaging, your risk of this cancer is 10%. This risk may be refined should you get an invasive biopsy.”

Because models are imperfect, the calibration of risk estimates should be assessed carefully in validation studies by comparing estimated risk with observed outcomes. For example, among patients with an estimated disease risk of 10%, does 1 in 10 on average have the disease or experience the event? Calibration should receive more attention in epidemiological research because this property determines the model's potential clinical utility, in combination with the model's discriminative ability.⁵

Risk prediction is highly relevant for decision making. For application at the individual level, it is imperative that physicians and patients have a good understanding of the concept of risk as well as knowing what information was available to the risk model.

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In Reply We agree with Dr Van Calster and colleagues that risk assessment is valuable in the care of individuals. We stated in the conclusion of our Viewpoint that “Predictive algorithms are an essential component of guideline recommendations.” The phrase about probability not being meaningful in the individual context was misunderstood and not intended to imply that calculating individual risks was not useful.

Instead, we wanted to direct the reader to the excellent discussion by Cohen¹ of the limitations of the frequentist notion of probability understood as an estimate of the frequency of a particular event in a total sequence of events. Basically, we meant that frequentist probability is not verifiable in an individual context because a person either experiences or does not experience the event. Consequently, we agree that calibration is important in the assessment of predictive model performance.

We are pleased Van Calster and colleagues agree that risk estimates are uncertain about individual risk. This matters because many guidelines are applied in a binary fashion; therefore, if the risk estimate falls above or below a decision line, potentially lifesaving therapy will or will not be administered. We think that highlighting the limitations of individual risk will help clinicians treat the risk estimate as one important component in their practice of care and not a definitive assessment of their patient's future. This view is highlighted by the recent American Heart Association/American College of Cardiology cholesterol guidelines that consider risk assessment as the first step in an informed discussion between the patient and his or her physician.²

Van Calster and colleagues expand on our point about the conditional nature of risk estimates. Paraphrasing their suggested wording to our cardiovascular example, we would say "based on your age and standard risk factors, your risk of experiencing a cardiovascular event in the next 10 years is 10%. This risk may be refined should you obtain your coronary calcium." This presentation highlights the time horizon used as another limitation in the application of risk algorithms. Unlike their diagnostic cousins, prognostic models assess the risk of disease occurring in a prespecified future time. But treating 40- or 50-year-olds based solely on their 10-year risk of cardiovascular disease may be short-sighted because low risk may mask nonreversible detrimental changes occurring in the arterial wall.

We suggest that greater emphasis should be placed on the causal factors for the disease. In cardiovascular prevention, these factors are entered into all conventional algorithms, but compared with age and sex, they play little role in driving the resulting estimate. Thus, those with earlier, persistent elevations of cholesterol may be at much greater longer-term risk than those with intermittent elevations, but these important differences may not produce meaningfully different estimates of calculated 10-year risk.³

The limitations of prognostic models mean the physician must play a vital role in the decision-making process. As Silver put it, "The key is in remembering that a model is a tool to help us understand the complexities of the universe, and never a substitute for the universe itself."⁴

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